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### Exploring the meaning of cerebral palsy and its treatment: a preliminary prospective study related to the perceptions of mothers and physical therapists in Turkey

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*Background:* Cerebral palsy (CP) is the most common cause of disability in childhood. Parents of children with this particular neurodevelopmental disorder are included in the rehabilitation process.

*Objective:* The purposes of this research were (1) to understand perceptions of mothers and physical therapists (PTs) about the rehabilitation programme their children receive and (2) to report the current knowledge of mothers and PTs' highlighting consensus and disagreement.

*Method:* Through in-depth interviews with mothers and PTs, the study explored issues that challenge both mothers and PTs' attitudes. Twenty-two mothers and 11 PTs (work experience; 8.09 SD 6.8 years) answered the questions related to 22 children with CP. Three themes emerged from the interviews: (1) perceptions of disability, (2) expectations about the treatment, and (3) perception of the rehabilitation programme.

*Results:* 22.7% of the PTs and 40.9% of the mothers described the health status of the children as good. A majority of the PTs (95.5%) reported that they often used the Bobath method. Consensus among PTs and mothers about the context (100%) and the effectiveness (45.5%) of the treatment was attained. 31.8% of the PTs and 59.1% of the mothers expected that the children would be able to walk with or without assistance. However, consensus about the additional treatments could not be attained. 81.8% of the PTs (13.6% speech therapy; 9.1% aqua therapy; 36.4% special education; 9.1% reflexology; 4.5% Vojta therapy; 9.1% surgery) and 50% of the mothers (18.2% aqua therapy; 18.2% special education; 13.6% speech therapy) believed that the children needed additional therapies. While PTs and mothers were totally in agreement in terms of the context and the effectiveness of the rehabilitation programme, they were in disagreement regarding the health status of the children, additional therapies, and expectations.

*Conclusions:* The results suggest that the perceptions of mothers are different from those of PTs. A lack of consensus in these matters affects clinical judgment or rehabilitation of these children.

## OP 2.10

### Factors affecting the level of participation in young people with bilateral cerebral palsy: the SH&PE population study

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*Objective:* To establish the factors that affect the level of participation in a population-based cohort of young people with bilateral cerebral palsy (CP).

*Background:* Participation is seen as one of the key elements of the World Health Organization's International Classification of Functioning, Disability and Health (ICF). The definition of participation is involvement in life situations. Previous studies have shown the type of CP, intellectual impairment and presence of epilepsy have powerful independent influences on participation scores.

*Method:* A population-based cohort of young people aged 16–18 years with bilateral CP was assessed, either in the home or school setting. Level of participation was collected using the LIFE-H, the assessment of Life Habits questionnaire. The level of the young person's motor function, learning disability and communication were established. Further questionnaires regarding current medical needs, functional abilities and pain were also completed either by the young people or their carer.

*Results:* Two-hundred and fourteen LIFE-H questionnaires were completed, representing a response rate of 97.3%, with a mean score of 4.81, SD 2.32. The LIFE-H scores were affected by motor functional ability, learning disability and presence of epilepsy ( $P < 0.0001$ ). Young people with impaired communication and eating difficulties also had lower scores ( $P < 0.0001$ ). The presence of regular pain reported by either carer or young people also affected the level of participation ( $P < 0.005$ ).

*Conclusion:* Participation is negatively affected by the severity of CP and its associated problems. The impact of communication difficulties as well as other factors such as the functional motor ability and level of learning impairment should be considered, particularly if assessment of participation is to be used for measuring outcomes of interventions as suggested by the World Health Organization.